

1. A method for training a child to achieve urinary continence by identifying an appropriate continence training opportunity, comprising the steps of:
  - obtaining an objective measurement indicative of a state of fullness of the child's bladder; and
  - providing a signal to the child or to a caregiver when the measurement equals or exceeds a signal threshold value.
2. The method of Claim 1 further comprising the step of setting the signal threshold value to correspond to a bladder volume that is less than a reflexive urination volume.
3. The method of Claim 2 further comprising the step of measuring the reflexive urination volume.
4. The method of Claim 1 further comprising the step of querying the child regarding his or her physical sensation of bladder fullness.
5. The method of Claim 4 further comprising the step of informing the child that urination is possible or imminent.
6. The method of Claim 5 further comprising the step of providing the child with the opportunity to urinate into the designated receptacle.
7. The method of Claim 1 wherein the objective measurement correlates to a dimension of the bladder, a cross-sectional area of the bladder, or a volume of the bladder.
8. The method of Claim 1 wherein the signal is an audible alarm, a tactile alarm, or a visible alarm.
9. The method of Claim 1 wherein the objective measurement is performed by a bladder monitor.
10. The method of Claim 9 wherein the bladder monitor utilizes ultrasound.
11. The method of Claim 1 further comprising the step of applying a wearable bladder monitor to the child's body.
12. A method for training a child to achieve urinary continence, comprising the steps of:
  - obtaining an objective measurement indicative of a state of fullness of the child's bladder;
  - providing a signal to the child or to a caregiver when the measurement equals or exceeds a signal threshold value; and
  - identifying an appropriate continence training opportunity based on an occurrence of the signal.

13. The method of Claim 12 further comprising the step of setting the signal threshold value to correspond to a bladder volume that is less than a reflexive urination volume.
14. The method of Claim 13 further comprising the step of measuring the reflexive urination volume.
15. The method of Claim 12 further comprising the step of providing the child with the opportunity to urinate into the designated receptacle.
16. The method of Claim 12 wherein the objective measurement correlates to a dimension of the bladder, a cross-sectional area of the bladder, or a volume of the bladder.
17. The method of Claim 12 wherein the objective measurement is obtained during a specific period of time that the caregiver designates as a continence training period.
18. The method of Claim 12 wherein the objective measurement is performed by a bladder monitor.
19. The method of Claim 12 further comprising the step of applying a wearable bladder monitor to the child's body.
20. An article of commerce comprising a package including a bladder monitor and instructions for using the bladder monitor to perform the method of Claim 12.